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SHOW NOTES - Reinvent Healthcare

KEYWORDS: Immune System Health, Functional Foods, Key Nutrients, Autoimmune Disorders.

TITLE: Ep 17 - Dietary Approaches to Reversing Autoimmune Conditions

In today's episode, we explore how auto-immune disorders can be managed using the power of foods. Our guest today is Dr. Terry Wahls, an Institute for Functional Medicine Certified Practitioner and a clinical professor of medicine at the University of Iowa. Terry has assisted thousands of patients to reverse their autoimmune disorders and has trained hundreds of health and wellness practitioners to do the same with their patients. Tune in to learn how to assist your clients in reversing their autoimmune conditions, by adding or removing foods from their diets, to make changes to their immune system health.

IN THIS EPISODE:

- [04:00] Introducing Terry Wahls
- [08:00] Terry Wahls experience in a conventional medical background.
- [16:00] Where to start with you patients who have an autoimmune disease.
- [20:00] How to approach patients who have already removed foods from their diet.
- [26:00] Terry believes that we could anticipate a higher quality of life in improved function, if we addressed self care routines.
- [30:00] Trialing removing different foods from the diet.
- [34:00] Omega-3s and brain health.
- [40:00] Information for Terry Wahls trainings and resources.

KEY TAKEAWAYS:

- Many people with autoimmune disorders are told by the medical industry there is no solution in reversing the disorder.
- There are alternative ways to reversing autoimmune conditions, by focusing on food and diet.
- Terry Wahls has had a huge impact in the autoimmune world and her trainings are available to assist practitioners and patients.

RESOURCE LINKS

- [Functional Food to Support the Immune System](#)

- [About the Wahls Protocol](#)
- [The Wahls Protocol Cooking for Life](#)
- [Wahls Research Papers](#)
- [Wahls Research Lab: to learn about current clinical research studies that Dr. Wahls is conducting](#)
- [Terry Wahls Facebook](#)
- [Terry Wahls Instagram](#)
- [Terry Wahls Twitter](#)
- [Terry Wahls YouTube](#)
- [Documentary about Dr. Wahls' healing journey and research](#)
- [Defying All Odds Movie](#)

BIO

Dr. Terry Wahls is an Institute for Functional Medicine Certified Practitioner and a clinical professor of medicine at the University of Iowa where she conducts clinical trials in the setting of Multiple Sclerosis. In 2018 she was awarded the Institute for Functional Medicine's Linus Pauling Award for her contributions in research, clinical care and patient advocacy. She is the author of The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles, and the cookbook, The Wahls Protocol Cooking for Life.

QUOTES:

"We would anticipate a higher quality of life in improved function, if we address all of the self care routines." Dr. Terry Wahls

"We had a lot of research that vegetables are really good for you. We have a lot of research that exercise is good for you, and we can agree that more research needs to be done on whether or not gluten, dairy and eggs are a problem." Dr. Terry Wahls

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